



Santosa Health Center opens in Bushiri

The name of the newest exercise spa in Aruba, “Santosa” is from the Hindu language and means “contentment within.” This is the philosophy and the reasoning behind the establishment of this new exercise center at Bushiri #30 by owners Corinne and Pim Janse-Voermans.

A grand opening at sunset on Thursday afternoon allowed friends and potential clients to examine the spacious facilities, which boast a specialized Spinning room and unique to Santosa, a crèche, so that mother’s with young children can stay fit and achieve “inner peace.”

Corinne, a young mother and fitness trainer, brings her years of experience to the mission and purpose of Santosa, something that is quite close to her heart, as was evident by her welcome speech to the gathering. “You are here to see the realization of a dream come true,” she informed the group that came to celebrate a center that has the busy schedule and needs of today’s working parents in mind.

Santosa offers a wide variety of group classes, including Zumba, ballet, Pilates, aerobics, and is the only official Spinning center in Aruba. Those attending the opening were offered fresh fruit drinks and healthy snacks from Taste of Belgium, and were also reminded to think of those that have not the freedom of movement we all so take for granted. As part of the opening event, Corinne and Pim offered raffle tickets with the valuable prize of a one-year membership, with all proceeds donated to Mi Por, a foundation for physically disabled children that funds specialized exercise and activities.

Santosa is also offering specialized classes in Yoga, Pilates, Zumba and Step for children and teens over the summer. A reasonable fee of 175 Aruban florins (\$100) purchases ten sessions available at various times and dates for different age ranges during the school break.

During the opening ceremonies, Corinne invited Gert van Vliet, well-known island fitness enthusiast, triathlon athlete and owner of Tri-bike to say a few words. He expressed that he felt Santosa was a very positive step in encouraging Aruba’s youth to get and stay fit in a way that will be fun. Corinne stated that part of her motivation in establishing an exercise center that caters to groups, was years of observing that such an approach was more conducive to enjoying exercise, and less boring than typical workout centers, so individuals “stayed with the program.” Aside from a very well equipped child care center, Santosa includes a sports fashion niche, and a cozy place to relax and enjoy a health drink afterwards.

Information regarding schedules and rates is available at their center in Bushiri or checking online at www.santosa-aruba.com.